



# ...in which Our Hero indulges in a little Wednesday-morning hypochondria...



Chaz

 [cvillette](https://cvillette.livejournal.com/)

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2007-09-26 08:29:00

MOOD:  annoyed

MUSIC: Ani Difranco - Untouchable Face

Great. I set up the nutritional goals part of the Fitday thing so it would tell me exactly how much protein I'm getting (answer: about 300% more than I probably need) and now I'm also fussed about vitamin A toxicity (hypervitaminosis A). Because I need something else to cause cirrhosis of the liver.

Symptoms include:

- Alopecia
- Skin desquamation
- Petechiae
- Hepatosplenomegaly
- Hepatic hydrothorax

Oh boy!

Hey,  [trollcatz](https://trollcatz.livejournal.com/) (<https://trollcatz.livejournal.com/>): if I become squamous, rugose, and slosh when I walk, check my blood levels of vitamin A before you pull out the Elder Sign and your sidearm, all right?

Calm down, cowboy: "Chronic toxicity appears after ingestion of 25,000 IU or more daily for prolonged periods of time."

Even yesterday, with the half-gallon of carrot juice, you didn't get over 14K IU. Hmm. Vitamin C is supposed to limit the risk of vitamin A toxicity. Maybe I can cut my carrot juice with oranges. You think Falkner would let me put a juice machine in the kitchen? Counterterrorism would be *so jealous*.

Maybe I can live on brown rice and olive oil....

[Today's intake so far](https://www.livejournal.com/away?) (<https://www.livejournal.com/away?>

[to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D8%26Day%3D26](http://www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D8%26Day%3D26)



### [locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning house, putting

### Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't handle it well. So yeah, I'm sorry.

Puppets. Puppets. Puppet puppets.  
Scary.

8 comments



trollcatz

September 26 2007, 15:04:41 UTC

COLLAPSE

May I just say that "squamous" is one of the best words in English evar?

I know, I'm sorry, that doesn't show a very sympathetic spirit. I will say, though, that one of the best things about this job is that there's somebody else in the room who knows what "hepatosplenomegaly" means.

Orange-carrot juice, oh, yum. Also carrot-ginger. The carrot-juicing machine sounds like a helicopter landing, though, and Counterterrorism would steal it, the bastards. They do not yet fear us as they should (and somebody ought to get on that...).

Go tell Lau to pull someone's strings and get us a Jamba Juice franchise across the street instead. Tell her I said if she does, I'll tell her where I got the shoes.



Ometotchtli

September 26 2007, 15:57:12 UTC

COLLAPSE

Squamous is a truly decadent word, it's true.



cvillette

September 26 2007, 15:58:07 UTC

COLLAPSE

Hey, Hafs, when are you going to make \*your\* food blog public? Inquiring minds want to know!



Ometotchtli

September 26 2007, 15:58:44 UTC

COLLAPSE

Are you kidding? And let all America know about my brownie binges?



trollcatz

September 26 2007, 16:16:26 UTC

COLLAPSE

I should use it more. "Wow, this croissant is really squamous!" "Don't count on him showing up--he's kind of squamous about social engagements." Hey, what would the verb be?



cvillette

September 26 2007, 15:59:28 UTC

COLLAPSE

orange-carrot-ginger. FTW!

I think spreading fear and dismay is Reyes' job. By the way, do you have any idea how much protein is in broccoli? (!)

P.S. Lau already knows where you got the shoes.



 [trollcatz](#)

[September 26 2007, 16:12:53 UTC](#) [COLLAPSE](#)

"P.S. Lau already knows where you got the shoes."

Of COURSE she does. You know, if Brady didn't insist on taking the post so damned seriously, I'd be the last one through the door every single time around here.

Just for a second, I thought you'd mixed the broccoli into the Grape-Nuts. If you did, don't tell me. \*g\*



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[September 26 2007, 16:21:14 UTC](#) [COLLAPSE](#)

Lau knows all. It's what she does. I'm pretty sure she also knows everybody's clothing sizes and what brands of toothpaste we use.

No, second breakfast was broccoli with honey mustard dressing.

Elevenses was pretzels with more honey mustard dressing. As you well know, having swiped some--

Grape-Nuts are *awesome*, though. Do you have any idea what the carb load and nutritional density of those things is? I can eat cereal again! And not just granola.